

Job Advert



Ayr Rugby Super 6 Head Strength and Conditioning Coach

Ayr RFC are looking for a Head S&C coach to work with the team in the new Super Six competition for the 19/20 season. This is an exciting opportunity to work within a part-time professional environment in the inaugural Super Six competition. You will be highly motivated and well organised with a strong work-ethic, you will require excellent communication skills with players and the Head Coach. You will have a proven track record of working with in a sporting team, this role will require you to be focused on individual player development within the team. Flexible working hours to meet the demands of the job and needs of the players will be required

Working Hours

The Head S&C coach will be required to work on Mon night, Tue night and Thur nights along with home and away games. This would equate to 15hrs of work a week. There is scope to extend this role to include supplementary sessions in the morning, this will depend on the flexibility and quality of the candidate.

Job Requirements

- Working for the Ayr RFC Super Six team, you will provide coaching, education and guidance in all matters relating to strength and conditioning. You will oversee, plan and implement a comprehensive programme for all players within the club, ensuring that they are tailored for the player. In this role, you will educate players on techniques, habits and lifestyles required to be a semi-professional/ pro rugby player.
- Have experience and knowledge of leading on pitch Warm-ups, prior to training and games.
- Be able to work closely alongside the physiotherapists to rehabilitate players from injuries, by leading spots specific exercises aimed at making the player as physically prepared as possible to re-join full training with the team. The successful candidate will work with, and be reportable to, the Head coach.
- Develop the nutrition strategy for both before during and after games, helping the club source a nutrition partner.
- Degree level qualification in Strength & Conditioning, Sport Science or a related discipline. As well as having current UKSCA accreditation or able to become accredited within three months of appointment, you should be able to demonstrate your ability in writing and running programmes that achieve goals. Experience of leading a program is preferable.
- The role includes a wider responsibility to co-ordinate via planning and strategy within the rugby management team (Coaching/Medical/Interns/University).

Season Structure

The inaugural Super 6 competition, including cross border, with start in early November 2019 and end beginning of June 2020. There will be pre-season before the start of the domestic competition. More detailed information will be given at interview.

Salary

To be discussed post interview

Any questions and applications should be forwarded to Pete Murchie (Ayr Head Coach) at: petermurchie@ayrrugbyclub.co.uk Applicants should forward a current curriculum vita along with a covering letter of no more than 500 words.

Closing Date: Monday 29th April

Interview Date: Tuesday 7th May at UWS Ayr